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Factors potentially contributing to worsening heart failure

Cardiovascular factors
Superimposed ischemia or infarction
Uncontrolled hypertension
Unrecognized primary valvular disease
Worsening secondary mitral regurgitation
New onset or uncontrolled atrial fibrillation
Excessive tachycardia
Pulmonary embolism
Systemic factors
Inappropriate medications
Superimposed infection
Anemia
Uncontrolled diabetes
Thyroid dysfunction
Electrolyte disorders
Pregnancy
Patient-related factors
Medication noncompliance
Dietary indiscretion
Alcohol consumption
Substance abuse

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